

**INCREASED POSTAL RATES
GO IN EFFECT JANUARY 7**

Increased rates for all classes of mail except parcel post and international mail will go into effect January 7, Postmaster Robert R. DeForge reminded postal customers today.

"Even with the new rates of six cents for first class mail and ten cents for airmail, postal service is still a real bargain," Postmaster DeForge declared. "For six cents you can send a letter to any of the 50 States, to any United States territory or possession, to Canada or Mexico, or to an American serviceman stationed anywhere in the world."

Postmaster DeForge pointed out that the new rate for postcards will be five cents and for airmail postcards eight cents.

He said the added cent in the letter rate is a 20 percent increase compared to a 24 percent boost in the rates for mailing newspapers and magazines and a 34 percent hike for advertising circulars, "occupant" mail, and other material in the third class category.

The new rate of six cents per ounce for first class mail applies up to thirteen ounces and the new rate of ten cents per ounce for airmail applies up to seven ounces. Under the new rate structure all first class mail over thirteen ounces and all airmail over seven ounces will be merged into a single category.

These heavier pieces of first class and airmail subject to the single rate schedule will be delivered by the fastest available means of transportation.

A flat rate of 80 cents will be charged for all mail in this category up to one pound. For all mail weighing more than one pound, the present air parcel post rates will continue to apply, except that the postage on matter weighing between one and five pounds will change at half pound intervals rather than one pound intervals.

Postmaster DeForge said that the new rate structure will mean a reduction of postage on some parcels.

Another rate change that will affect the general public is the increase from four to six cents for the first two ounces of individual pieces of third class mail. Unsealed greeting cards may be sent at this rate, Postmaster DeForge said.

He emphasized that the new rate on unsealed greeting cards will not go into effect until January 7 and until then they can be mailed at the old rate of four cents.

Postmaster DeForge also noted that effective January 7 special handling will be available on third class parcels weighing between eight and sixteen ounces. Special handling has not been available on these parcels since 1958, when packages weighing between eight and sixteen ounces were transferred from fourth to third class mail.

There will be no changes in the charges for special delivery, special handling, registered mail, certified mail, cash on delivery or insurance, Postmaster DeForge said.

"We have an ample supply of one cent stamps on hand," Postmaster DeForge said, "for those people who have five cent stamps and need one cent stamps to make up the postage required under the new rates."

Higher rates also will go into effect January 7 for all categories of second class mail, bulk-rate third class mail, controlled circulation mail, and the educational materials category of fourth class mail. Mailers using these classes who need information on the new rates should contact the local post office, Postmaster DeForge said.

THE

"The Heart Beat of the Town"

For the Fifteenth Year

AGAWAM NEWS

INC.

**OVER 10,000
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Agawam's First Newspaper Serving All The People

Vol. 16, No. 1

Agawam, Mass. - Thursday, January 4, 1968

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Registrar Grants Grace Period

On Classified License Law

"Massachusetts will have a complete system of classified drivers' licenses beginning in 1968," Motor Vehicles Registrar Richard E. McLaughlin said today. "This means that drivers will henceforth be examined and licensed for the four major categories of vehicles operated on our highways: passenger cars and light vehicles up to five tons; buses and medium-sized trucks; tractor-semitrailer and other heavy equipment, and motorcycles," the registrar said.

"Until this year, an operator needed only to qualify on any single vehicle to be granted a license authorizing him to drive anything on the highway from the smallest motorcycle to the most gigantic tandem truck rig, but as of New Year's Day, Massachusetts will conform to the new Federal Highway Safety Act which requires that drivers' licenses be classified according to type of vehicle and driver qualification," the registrar said.

"In order to eliminate unnecessary hardship and expense, we are granting a five-month period of grace from January 1 to May 31 to permit persons holding Massachusetts licenses (except those restricted to the operation of motorcycles) to file an application requesting endorsement for Class 1 and Class 2 operation without the need of further examination or the payment of any additional fee," he said. No application for endorsement is necessary for a Class 3 license.

The law recently enacted by the Massachusetts Legislature meets recommended federal standards. It provides that all original licenses and all renewals to operate motor vehicles shall be invalid for the operation of motor vehicles other than those for which the license has been made valid and the class of the license must be marked on it.

The three classes in addition to the motorcycle are:

Class 1 - Any motor vehicle or combination except a school bus.

Class 2 - Any motor vehicle or combination except a semitrailer unit, or a truck-trailer combination, a tractor, or a school bus.

Class 3 - Any motor vehicle or combination except a semitrailer unit, truck-trailer combination, a tractor, a truck having a registered gross weight in excess of ten thousand pounds, a bus, or a school bus.

The following specific definitions govern:

Truck-trailer combination - a truck having a registered gross weight in excess to ten thousand pounds drawing a trailer having a registered gross weight in excess of six thousand pounds.

Bus - a motor vehicle 80 inches or more in width designed or used for the transportation of persons and having permanent seating accommodations for ten or more persons in addition to the operator.

Truck - a motor vehicle registered as a commercial vehicle having a registered gross weight in excess of ten thousand pounds.

Tractor - a motor vehicle designed and used for drawing a semi-trailer.

Qualifications for endorsement include one or all of the following: experience, miles operated,

training or special circumstances, affidavit from the employer or records of the ICC, DPU, or a labor union.

The registrar stressed the importance of this law as another forward step in the Massachusetts safety movement as it assures a knowledge of the proper operation of the vehicle to be driven on our highways.

On and after June 1, 1968, applicants for licenses will be subject to the payment of fees provided by law for written and road tests and will be subject to the following road testing:

Class 1 - Test on a semi-trailer unit or a truck trailer combination.

Class 2 - Test on a bus or a truck having a registered gross weight in excess of ten thousand pounds.

Class 3 - Test on an automobile (pleasure vehicle) or a truck having a registered gross weight of ten thousand pounds or less.

The penalty for operating a motor vehicle without a license applies to persons who operate a motor vehicle or combination not included within the class of their license, or to a person with a learner's permit who operates in violation of the terms of such permit.

Licensed operators who wish to have their licenses endorsed for Class 1 or Class 2 operation should apply to the nearest registry branch office as soon as possible after January 1, 1968.

Benefit Performance 'Camelot' For 4-H Service Club

Sunday evening of Jan. 21st at 8:15 at Cinema III, the movie "CAMELOT," a benefit performance, will be shown for the Hampden County 4-H Service Club. The proceeds of this program will be used to continue service projects and help defray expenses for the exchange trip to Maryland this summer.

This is a county-wide organization for older 4-H'ers (14 to 19 years old) to render service in the community. The membership consists of approximately sixty-five young people.

Tickets and information may be obtained by contacting Nicholas Demko, town chairman, or any of the following members: Brad Alheim, Dennis Dirosa, Liz Crouss, Michael Demko, junior general chairman; Ken Strom, Steve Swiconek or the 4-H Office at 1499 Memorial Avenue, West Springfield, Mass.

Tickets should be purchased before January 11.

Western Bank & Trust Declares Dividend

WEST SPRINGFIELD - Directors of Western Bank and Trust Company have declared a dividend of ten cents per share, payable January 12 to stockholders of record December 29, William A. Franks, Jr., president, said today. There are 28,000 shares of Western Bank stock outstanding.

Mr. Frank said this brings to 35 cents per share Western Bank's dividend declarations for the year 1967.

Act Provides Protection For Consumers Against Unfair Trade Practices

"The governor's approval of this new consumer protection act declaring unlawful all unfair methods of competition or deceptive trade acts gives the consumers of the Commonwealth of Massachusetts the most advanced type of consumer protection legislation that has been adopted by any industrial state. It is to the great credit of the General Court that it had the vision and foresight to accept the recommendation of the Consumers' Council that this act be adopted. It is based on the Federal Trade Commission Model Law for state government.

The sweeping dimensions of this act along with the Retail Installment Sales Act and Truth-in-Lending Laws make Massachusetts the leading state in the field of consumer protection. The members and the leadership of the General Court are to be commended for their forthright legislative action in protecting the consumers' interest."

Dermot P. Shea, executive secretary of the council, stated: "This new consumer protection act is probably the 'sleeper' of the legislative session. It is the most important consumer measure to pass the General Court. The council since its inception has been searching for a way to upgrade our laws in connection with the deceptive trade practices and false and misleading advertising. This act gives the attorney general the same power that the Federal Trade Commission has on a federal level. It will permit Massachusetts to call upon the resources of a federal agency and at the same time retain its freedom of action and responsibilities at the state level. The council fully collaborated with the sponsors of this measure, The Honorable John F. X. Davoren, former Speaker of the House, and Representative Joel Greenberg. Senator Andrea Nuciforo acted as the floor manager for this bill in the state senate."

The passage of this act should relieve the pressure on the General Court for licensing agencies for certain trades and professions because the act gives authority to the attorney general to promulgate rules and regulations concerning deceptive trade practices.

The following are some of the other provisions:

1. Interpretation: Decisions by the Federal Trade Commission and the federal courts are to be the legal guide for this act.

2. The attorney general may make rules and regulations interpreting the act.

3. Civil fines up to \$10,000 for each violation are authorized.

4. Attorney general has the power to seek a temporary or permanent court injunction against any unlawful method or trade practice. He can also accept voluntary compliance.

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THE AGAWAM NEWS, INC.

Box 128, Agawam, Mass. 01001

Elizabeth LeDuc, Owner

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FOR ADVERTISING CALL - 732-1495

OLD STURBRIDGE VILLAGE

TO EXPAND FARM EXHIBIT

STURBRIDGE, Mass. — Old Sturbridge Village will enlarge the Pliny Freeman farm exhibit to more fully interpret New England farm life of the early 1800's.

The project which calls for the addition of a cooper shop and increased acreage in orchards, pasture and crop cultivation was announced by Alexander J. Wall, president of the outdoor museum.

"Each year, more and more people are attracted to Old Sturbridge Village and each year the village becomes more crowded. The only way to cope with the situation is to gradually expand our capacity to absorb more visitors. This will require a continuing increase in exhibits, demonstrations, and special programs in open spaces throughout the village," Wall said.

The restoration of the cooper shop, now located at Waldoboro, Me., will add a new demonstration to the village's craft program, showing how Yankee cooperers produced barrels and casks for agricultural, fishing and industrial products.

New orchards will be laid out with early varieties of New England apples such as those grown on the Worcester County Horticultural Society's experimental orchard at North Grafton. The expanded farm program will preserve period species of fruit.

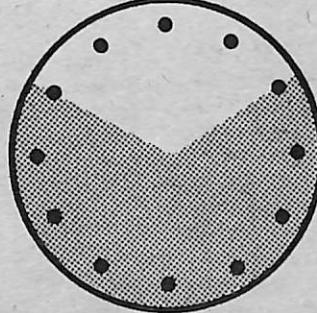
trees, vegetables and other crops that might otherwise become extinct.

New post and rail fences and stone walls will be added to the farm and orchard areas and livestock will be increased. A new access lane to the farm will allow visitors close inspection of cultivated fields. The lane will cross a new 10 x 30 foot bridge over the gristmill tailrace which separates crop demonstrations from mowing fields.

An expanded program of demonstrations will be based upon the various activities that were carried out through the course of the farmer's year during the period represented by the village.

"The Freeman farm is a point of immediate contact with American history for hundreds of thousands of school children as well as adults who learn to recognize and appreciate the variety of skills that were needed to maintain a nearly self-sufficient existence and the staggering amount of hard physical labor that was required to operate a farm before mechanized equipment and electricity," Mr. Wall explained.

Funds for the expanded program will be solicited in two annual giving appeals. The first appeal which was launched on December 1, seeks \$136,000. Of this amount, \$73,500 will be for farm demonstrations and \$62,500 to provide additional operating funds for the village in 1967-1968.

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for banking.SATURDAY HOURS
10 a.m. to 2 p.m.
ALL OFFICESSPRINGFIELD
INSTITUTION FOR
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Forest Park Office: 561 Sumner Avenue, at the "X"
W. Springfield Office: 1425 Westfield St.
Winchester Sq. Office: 844 State St. at Winchester Sq.
Agawam Office: 40 Springfield St.
Longmeadow Office: 724 Bliss Road, Longmeadow Shops
E. Springfield Office: 1360 Carew St., Cor. St. James Ave.

March of Medicine

Science Perfects Age-Old Life-Saver

When severe illness or blockage of any sort makes it impossible to discharge waste body fluids normally, it becomes a matter of life or death to use mechanical means to effect the discharge.

The process is called "catheterization," because the instrument used is a hollow tube called a "catheter." There is, surprisingly, clear evidence that catheters were used as early as 3,000 B.C., despite meager knowledge of the anatomy of the human body. At that time, the Egyptians made catheters from tubular reeds, from wood, and from such metals as gold and iron.

Ben Franklin Interested

Early Greeks, Romans, and Chinese also designed and used similar instruments made from metal. Bronze catheters were found in the ruins of Pompeii. Indications are that the Arabs used the first flexible catheter — about 1,000 A.D., according to scientists of the Kendall Company, one of the nation's largest makers of consumer and hospital health goods.

The amazing Benjamin Franklin, whose abilities and interests knew almost no bounds, was much interested in catheters. He invented his own variety of flexible instrument for catheterization for his brother John, who was afflicted with kidney stones. Franklin, like his brother, later was similarly afflicted, and died at the age of 84 from the same medical problem.

It was not until 1929 that the instruments which became the immediate forerunners of today's sophisticated catheters were perfected. Then, Dr. Frederick E. B. Foley developed the "Foley Catheter." It

The second appeal will begin about December 1, 1968 with a goal of \$146,000, including \$73,500 for the farm program and \$72,500 for operating funds in 1968-1969.

WINTER SKI TRIPS MORE
HAZARDOUS THAN SKIING

LANSING, Mich.—As ski enthusiasts throughout the nation headed for the hills, a word of warning was issued by Gerald W. Shipman, executive secretary of the Michigan State Safety Commission.

"We hope skiers will ski on our slopes and not on our highways," he said. "It's unfortunate that the very ingredient — snow — that is essential for skiing, is also the ingredient that makes highways treacherous."

Shipman pointed out that the best skiing weather often coincides with the worst driving con-

ditions, and urged drivers to prepare their cars accordingly before embarking on a weekend ski trip.

"The drive to and from the ski area is often a far more hazardous venture than the actual skiing," the safety authority said. "Most ski enthusiasts spend days planning a ski trip, buying and maintaining equipment, getting the proper clothing, and in making advance reservations. Yet so few take the little time necessary to see that their car is ready for the trip. Even more surprising, most skiers wouldn't think of starting down a slope unless they were sure their ski equipment was in safe operating condition, but some of these same skiers give little or no advance thought to the condition of their cars."

Pointing out that inadequate traction and reduced visibility are the principal hazards likely to be encountered at this time of

year, Shipman recommended a pre-trip vehicle checkup, paying particular attention to the brakes, tires, lights, battery, heater-defroster, and windshield wipers.

"Be sure your tires have good treads. Conventional snow tires help, particularly in loosely-packed snow. Studded snow tires are good on icy pavements but it is important to the driver to know that on wet pavement they do not have as much stopping power as regular treads. Carry reinforced tire chains in your trunk in case of severe snow and ice conditions. They provide four to seven times as much pulling power as regular tires without chains and are particularly helpful for climbing icy grades or pulling through deep snow."

"Most important," concluded Shipman, "check your driving habits. We want skiers to come and enjoy our ski areas, and to have a safe and pleasant trip. And we want them to get their thrills on the slopes, not on the highways."

WHO KNOWS?

1. Name the deepest lake in the U.S.?
2. Which is longer, the Panama or Suez Canal?
3. When did the United Nations adopt an official flag?
4. What is thought to be the oldest city in the world?
5. Which continent has no desert areas?
6. Who said, "Property has its duties as well as its rights"?
7. When did crucifixion cease to be a form of punishment?
8. What is the length of the standard tennis court?
9. The Mona Lisa is a famous painting by Leonardo da Vinci; can you identify the Mauna Loa?
10. Name the 7 countries comprising Central America.

Answers To Who Knows

1. Crater Lake, Oregon—1,932 feet deep.
2. Suez Canal, 104.5 miles; Panama 50.5.
3. On October 20, 1947.
4. Damascus, Syria.
5. Europe.
6. Thomas Drummond.
7. Punishment by crucifixion was abolished throughout the Roman Empire in the 4th Century A.D.
8. 78 feet.
9. The Mauna Loa is a volcano, located on the island of Hawaii.
10. Costa Rica, British Honduras, El Salvador, Guatemala, Honduras, Nicaragua and Panama.

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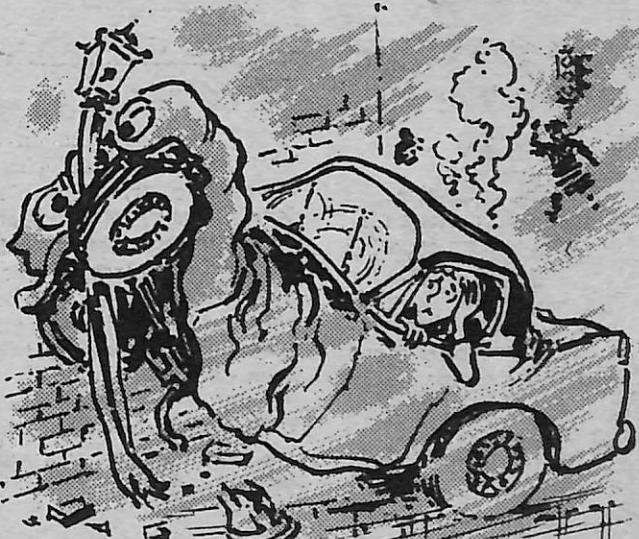
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starting for high school
students
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WINTER WOES by Pinson



*She could see outward only in peeks,
Dead wiper blades causing the streaks
That she had to look through—
And which hampered her view—
Now her car won't be fixed up for weeks!*

PREVENT THOSE WINTER DRIVING WOES

The Safe Winter Driving League presents the following tip for safer winter driving from the National Safety Council: "Don't be a 'peep-hole pilot.' Brush snow completely off front, back and side windows. Replace dead wiper blades with live, new ones to prevent streaking. All your lights should be working, with headlights aimed properly. You must see danger to avoid it."



Fruit cakes to most people are a treat to enjoy the year around. The cake baked in the tube pan has a corn syrup glaze, the loaf pan cake has a marzipan frosting.

Fruit Cake Good The Year Around

New York (NAPS) — When you make a fruit cake for the holidays, make an extra one to enjoy on special occasions all winter long.

FRUIT CAKE

1/2 lb. light or dark seedless raisins
1/2 lb. dates, finely cut
1/2 lb. candied citron, finely cut
1 lb. assorted candied fruits: orange peel, lemon peel, pineapple, cherries, finely cut
2-1/2 c. sifted flour
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. each: allspice, cloves and nutmeg
1 c. margarine
1/2 c. firmly packed brown sugar
1 c. light or dark corn syrup
4 eggs, slightly beaten
1/4 c. orange juice

Weigh and prepare fruit. Mix and sift dry ingredients. Dredge fruit with 1/2 cup of the dry ingredients. Mix margarine and sugar until light. Add corn syrup; mix well. Add one cup of the dry ingredients; beat until smooth. Add eggs, beating well. Add orange juice, mix well. Add fruit mixture. Fold in remaining dry ingredients. Bake in two well greased (9x4x3-inch) loaf pans, or two (9x3-1/2-inch) tube pans, lined with waxed paper, in 250 degrees F. (slow) over four to five hours depending on size of cake. Place shallow pan of water on bottom of rack of oven

Malone's

Farm and Garden Center
338 Silver St., Agawam
Winter Potatoes
Bird Seed - Feed



Pharmacy
Footnotes

Harvey E. Lebeau, Reg. Ph.

Did you know there is an important manhunt going on in this country on which your life and mine may depend. It is the hunt for men and women to fill jobs in our hospitals and doctors' offices, in nursing homes and in public health departments. Most critical of all is the shortage of doctors. There are now 2-1/2 times as many of us as there were in 1900, but only twice as many doctors. More among us are in the two groups that need most health care — the very young and the very old. As medical science expands and intensifies, creating new families of jobs, the variety of health professions and occupations broadens and broadens.

We give professional prescription service for your whole family at RYAN DRUG, 337 Walnut St., Tel. 734-4978. Free Delivery. Whitman, Candy Cupboard Candy. First Aid. Sick Room Needs. Bring Your Holiday Pictures to Us for Developing.

HELPFUL HINT: When chamomile stiffens up, soak it in warm water to which a spoonful of olive oil has been added.

during baking; remove during last hour. Cool cakes. Store in airtight container or wrap in aluminum foil or plastic wrap. Makes about five pounds.

TO ADD SPIRITS: Cut pieces of cheesecloth large enough to wrap around cakes. Soak cloths in rum. Gently squeeze over top and sides of baked cakes. Soak cloths again and wrap around cakes. Cover tightly with aluminum foil. Resoak cloth every week cake is stored, if desired.

TO GLAZE: Glaze fruit cake after storage to give it a sheen. For the glaze, mix 1/4 cup light corn syrup and 1/4 teaspoon grated lemon or orange rind in a saucepan. Bring just to boil over medium heat. Brush on top of fruit cakes.

TO FROST: It is an English tradition to frost fruit cakes with marzipan. Frost the day of serving. The recipe below for marzipan frosting makes enough for two fruit cakes, whether made in two (9x5x3-inch) loaf pans or two (9x3-1/2-inch) tube pans.

MARZIPAN FROSTING
1/4 c. margarine
1/4 c. light corn syrup
1/4 tsp. salt
1/2 tsp. vanilla
1 lb. confectioner's sugar
1 c. almond paste

Stir together margarine, light corn syrup, salt and vanilla. Add confectioner's sugar, about 1/3 at a time, mixing well after each addition. Knead with hands as mixture becomes stiffer. Knead in almond paste. Divide marzipan frosting into two equal portions. Using fruit cake pans for size, pat each half of marzipan frosting onto the outside bottom of pan. Lift off with spatula and place on top of fruit cake.

AGAWAM CIVIC ASSOCIATION ASKS ATTENDANCE AT SPECIAL MEETING

The association is about to launch the year 1968 with a terrific and free program exposing the rise in the use of drugs.

An expert, Sheriff John F. Boyle, will explain its phenomenal rise and concrete cases will be supplied by three inmates who have been "hooked" by the habit.

We will finalize plans for this free lecture on Sunday, Jan. 7th, at 8 p.m., at the Town Hall. Please do your best to attend. Important matters will be decided . . . things of interest to you and of importance to your town.

A new chairman of the association will be voted in, announced Rev. James G. Shea, C.S.S., today.

Real Estate Agents Wanted; represent us in your own areas. We teach free. Write: W. Scardapane Rity, Millerton, N.Y. Or phone: 111-914-789-3181.

No pictures will be returned unless accompanied by stamped, self-addressed envelope.

TUFTS PROGRAM TO TRAIN KINDERGARTEN TEACHERS

MEDFORD, Mass. — A program to train 45 teachers for the mandatory kindergarten plan adopted by Massachusetts will be conducted next summer by the Eliot Pearson Department of Child Study of Tufts University.

The program is a response to the anticipated critical shortage of kindergarten teachers that will develop during the next six years when all public schools in the state, by order of the Board of Education, must provide kindergartens. The phasing-in will begin next year in most communities; it must be completed by 1973.

Funded by the U.S. Office of Education, the six-week summer program will include continuous contact with the teachers during the following school year and a two-week follow-up at Tufts in the summer of 1969.

Dr. Evelyn C. Pitcher, department chairman and program director, said the participants will include teachers and principals currently employed in newly started kindergarten programs or to be assigned to such positions in the fall of 1968. Priority will be given to those communities nearest to Tufts.

Other participants will be three groups of children ranging from 4-1/2 to 6 years in age. One group will have had a year of kindergarten; the others will not. The children will be chosen primarily from the communities in which the teachers are located and will be selected to provide a variety of racial and socio-economic backgrounds.

In explaining the program, Dr. Pitcher said:

"It is well-known that there is a severe shortage of teachers for rapidly developing programs in early childhood education. Not only government sponsored programs, such as Head Start, are seeking new ways to educate teachers of young children, but state departments of education, such as the one in Massachusetts, are exploring ways in which new facilities can be developed to meet what may be overwhelming demands for more teachers now that kindergartens must be sponsored by all public schools.

"With 1968 as the beginning date proposed for phasing in the mandatory public kindergartens in Massachusetts, it is urgent that plans are immediately developed to cope with the serious shortage of trained kindergarten teachers. The proposal summer institute at Eliot Pearson Department of Child Study could provide a model for others in the area. The teachers trained in the institute will be encouraged to carry on discussion groups and workshops during the school year for other prospective kindergarten teachers in the Commonwealth."

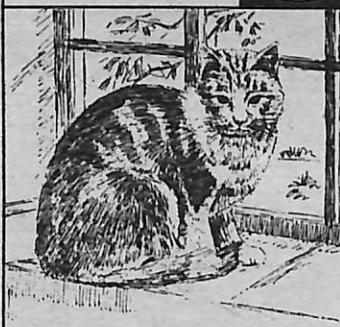
Dr. Pitcher noted that the department participates in Head Start training, in developing special training for teachers of emotionally disturbed children, in helping to start new schools, in educating both nursery school and kindergarten teachers, in developing curricula for use in such schools and in research in child study.

She said, "The need for such training arises because, in general, the teachers who will be teaching in the new kindergartens have not been trained in early childhood education. They will have been recruited from the ranks of teachers of older children or the ranks of newly trained but inexperienced teachers graduated from institutions which do not specialize in early childhood education."

The program is planned as a training model for short-term preparation of kindergarten

Young man wanted for a few chores around house. Sat. or Sun. mornings. Call 732-1495

CAT CHAT



MOVING DAY

IF YOU MOVE TO A NEW HOME, CONFINING YOUR CAT TO ONE ROOM UNTIL HE FEELS SECURE AND SAFE. THEN LET HIM INVESTIGATE THE ENTIRE HOUSE. DON'T LET HIM OUTDOORS FOR SEVERAL DAYS.

NO PRETENDER

A CAT DOESN'T MALIGNER. IF YOUR PET ACTS SICK AND REFUSES FOOD, RUSH HIM TO THE VETERINARIAN. HE ISN'T KIDDING.



FEEDING TIP

THERE IS NO HARM IN LETTING YOUR CAT FAST FOR AS LONG AS IT TAKES TO ACCUSTOM HIM TO SWITCH FROM TABLE SCRAPS TO A QUALITY PREPARED NUTRITIOUS CAT FOOD.

teachers. It will alternate workshop, observation and discussion sessions in the mornings with more formal lectures in the afternoons, and will include weekly trips to various agencies and to other places of interest in Greater Boston to help the trainees become more sensitive to the nature of a complex community.

NEW CLASSES NOW FORMING AT TRINITY CHURCH POOL

The winter session of swimming classes at Trinity Methodist Church, 361 Sumner Avenue, will get under way on Friday evening, January 5, with an Advanced Swimmer class, starting at 6 p.m. A valid Junior or Senior Lifesaving certificate must be held by swimmers to qualify for this course.

On Wednesday, January 10, Tiny Tots take over the pool. Their classes are half hour in length, at 9:30 to 11:30 a.m. and are for children 4 and 5 years of age.

Senior Lifesaving, for those 16 and over, starts on Wednesday evening, January 10, at 7:30 to 9:30 p.m. This is a good time to become certified for pool and camp employment this summer.

Beginner through Swimmer classes will begin on Saturday, January 7, from 12 to 3 p.m. Children, 6 years of age on up, are eligible for these classes.

The men's instruction class continues on at the regular time of Tuesday evenings at 8:30 p.m., and the women's instruction class is Friday evening at 9 p.m.

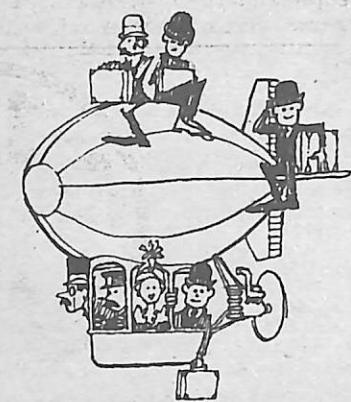
All classes are taught by qualified Red Cross instructors and are open to the public. For further information, please call the program office after 6:30 any evening.

TODAY'S AGRI-FACT: About the best tasting parsnips in the nation are grown right here in Massachusetts, in Essex County, due to an unusual combination of soil, climate, weather conditions favoring the growth of the firm, white fleshed parsnips, prized by good cooks. Native parsnips stay good eating now through next May, first in cellar storage, then dug from the fields in the Spring. Parsnip wise homemakers please their families with parsnip stew.

and fried parsnips during the cold months as well as in soups and with meats. Of course, they are loaded with nutritious vitamins and minerals.

About 1,000 persons are killed in traffic accidents each week in the United States, notes the Automobile Legal Association's safety department.

More than 976,000 passenger cars, trucks and buses were imported into the United States during 1966, says the Automobile Legal Association.



The world's first airline was organized by Count Ferdinand von Zeppelin in 1910, and his dirigibles carried some 35,000 passengers before the outbreak of World War I.

Legal Notices

COMMONWEALTH OF MASSACHUSETTS
Hampden ss Probate Court
To all persons interested in the estate of CATHERINE E. PRENTISS late of Agawam in said County, deceased.

The special administrator of the estate of said CATHERINE E. PRENTISS has presented to said Court for allowance his first and final account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the twenty-third day of January 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of Said Court, this twentieth day of December 1967.

JOHN J. LYONS, Register Jan. 4, 11, 18.

BOARD OF SELECTMEN

Agawam, Mass.
Notice is hereby given under Chapter 138 of the General Laws that LOU'S LOUNGE, INC., Louis J. Lovotti, Mgr., has applied for a transfer of an all-alcoholic beverage license as a common victualer from 299 Springfield St., Agawam, to Lou's Lounge, Inc., Louis J. Lovotti, Mgr., at 23 Suffolk St., Agawam, premises to consist of four (4) rooms - kitchen, bar, and lounge, Banquet Hall and Conference Room on basement level. Also including storage are enclosed on basement level.

EDWARD W. CONNELLY
RAYMOND E. CHAREST
FREDERICK NARDI
Board of Selectmen,
Agawam, Mass.

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SCHOOL MENUS

JAN. 8 - 12

PHELPS SCHOOL

MON.: chick, nood, sp. w/veg., mt. sand, orng, wedg, pean, but, cook; TUES.: ju, gril, hmbrg, on but, bun, on, slc, & rel, but, grn, bns, spic, ck, w/frost; WED.: hmbrg, & mac, bak, w/tom, sc, cab, & car, sal, b&b, pnapl, tdt; THURS.: rst, bf, in grvy, masn, pot, but, cab, b&b, des; FRI.: ju, tuna fish sal, sand, tos, grn, sal, w/spin, grns, chse, stix, apl.

GRANGER SCHOOL

MON.: ju, gril hmbrg, on but, roll, rel & cat, chse, wedg, whole kern, corn, apsc; TUES.: ju, mtlf, w/tom, sc, fluf, rice, but, car, pan roll & but, pnapl, tdt; WED.: ju, mt, rav, w/mt, sc, but, grn, bns, pean, but, sand, chse, stix, apl, crisp; THURS.: Yankee pot, rst, in brwn, grvy, masn, pot, but, broc, b&b, slc, peach; FRI.: cdsh, ck, bak, bns (cat.), let, & tom, sal, rasm, cook.

PEIRCE SCHOOL

MON.: orng, ju, bak, bns, w/ frkfrt, rings, car, stix, chse, wedg, hot but, rasm, corn bd, whip, Jello w/top; TUES.: hot turk, sand, w/brwn, grvy, but, kern, corn, crnby, sc, grprt, sec; WED.: bak, hash, but, lef, spin, pean, but, & jell, sand, pnapl, crm, pud; THURS.: orng, ju, rst, bf, in nat, ju, but, slc, pot, Harvard bts, b&b, choc, ck, w/mocha ic; FRI.: bak, mac, w/chse, & tom, but, peas & car, chse, or pean, but, sand, frt, cup.

DANAHY SCHOOL

MON.: ju, gril, frkfrt, w/but, roll, rel, & must, but, corn, apsc, ck; TUES.: elb, mac, w/mt, & tom, sc, but, grn, bns, rye b&b, chse, wedg, slc, peach; WED.: bf, stew w/veg, hot bisc, w/but, frsh, frt; THURS.: masn, pot, hmbrg, grvy, but, broc, b&b, frtd, Jello w/top; FRI.: piz, w/chse, & tom, sc, tos, sal, pean, but, cook, apsc.

SO. ELEMENTARY SCHOOL

MON.: orng, ju, hmde, turk, nood, sp, w/veg, crck, cel, stix, turk, sal, on rye, frsh, apl; TUES.: mtlf, in tom, sc, on grnd, roll, chse, stix, A.B.C. sal, slc, peach; WED.: crnby, ju, bac, chsebrg, on but, bun, but, spin, apl, crsp; THURS.: spagh, w/mt, & tom, sc, w/grtd, chse, let, sal, w/French dres, but, Vienna bd, frt, cup; FRI.: tuna fish sal, roil w/let, but, peas, pnapl, upsdn, ck, w/top.

ROBINSON PARK SCHOOL

MON.: orng, ju, mtlf, grnd, w/sc, but, car, chse, wedg, cit, frt, cup; TUES.: elb, mac, w/mt, & tom, sc, but, grn, bns, pean, but, sand, pnapl, chnk; WED.: ju, frkfrt, on but, roll, but, cab, pot, stix, white ck, w/rspry, top; THURS.: tom, sp, w/rice, raw veg, stix, ham sand, pean, but, cook, frt; FRI.: ju, gril, chse, sand, pean, but, sand, tos, grn, sal, pot, chips, gngerb, w/apsc, top.

HIGH SCHOOL

MON.: grl, lunch mt, w/pnapl, pars, pot, apsc, rye b&b, (pean, but, sand), gngrb, w/top; TUES.: orng, ju, frkfrt, on but, roll, pot, chips, but, grn, bns, pean, but, sand, pnapl, chnk; WED.: ju, frkfrt, on but, roll, but, cab, pot, stix, white ck, w/rspry, top; THURS.: tom, sp, w/rice, raw veg, stix, ham sand, pean, but, cook, frt; FRI.: ju, gril, chse, sand, pean, but, sand, tos, grn, sal, pot, chips, gngerb, w/apsc, top.

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**JUNIOR HIGH SCHOOL**

MON.: mtlf, w/crl, sc, mash, pot, but, broc, choc, pud, b&b; TUES.: ju, shel, mac, w/mtb; tos, sal, pnapl, chnk, b&b; WED.: ju, hmbrg, on bun, grn, bn, pean, but, sand, slc, peach; THURS.: ju, turk, & grvy, crnby, sc, mash, pot, peas, b&b, ice cream cup; FRI.: ju, tuna fish sal, tos, sal, but, car, b&b, choc, pud, w/top.

MILK SERVED AT
ALL MEALS

SWEET POTATOES

An Early American . . . the sweet potato. Columbus found it here . . . carried it back as proof of the wonders of the New World. The first settlers in the South soon made it one of their favorite foods.

Today we know the sweet potato as a prize package of food values. A rich source of vitamin A, it also provides worthwhile quantities of vitamin C and small amounts of other vitamins and of minerals.

As a rule, sweet potatoes are not good keepers. So it's best to buy them in small lots and use them promptly says Gisela Pass, Extension Home Economist with the Hampden County Extension Service.

**ORANGE GLAZED
SWEET POTATOES**

Place alternate layers of cooked sweet potatoes and sliced, peeled oranges in a greased baking dish. You will need about two oranges to six medium-sized sweet potatoes. Make a syrup by combining —

3/4 c. orange juice

1 tbsl. grated orange rind

1/4 tsp. salt

1/2 c. sugar

2 tbsps. cornstarch

2 tbsls. melted table fat

Pour syrup over sweet potatoes. Bake at 300 degrees F. (slow oven) about one hour. Baste with syrup several times during baking. Six servings.

SWEET POTATO PUFF

To three cups mashed sweet potatoes, add two beaten egg yolks, two tablespoons melted fat, two tablespoons sugar (if desired), and about 1/2 teaspoon salt. Gradually add about 1/2 cup milk or orange juice and beat until light and fluffy. Add 1/2 cup raisins (soaked five to ten minutes in boiling water). Beat two egg whites until stiff but not dry. Fold into sweet potato mixture. Pile lightly into a greased baking dish and bake at 375 degrees F. (moderate oven) about 30 minutes or until puffed and browned.

SWEET POTATO DELICIOUS

1 can sliced pineapple
3 c. mashed sweet potato
1/2 c. sugar
1/2 c. cream
1/2 tsp. salt
4 tbsls. butter

Saute the pineapple in the butter. Season the mashed potato with the sugar, salt, and cream. Place the slices of pineapple in a pan, arrange a serving of mashed potato on each slice of pineapple, garnish with pecans or marshmallows, place in a moderate oven and cook until a golden brown. Pecans, raisins, or coconut may be added to the mashed potato.

**Resolve Not To Start Smoking
—Heart Association Urges**

"Resolved, that I will not start smoking cigarettes, a habit which may be hard to break, and which may cost me my health and my life."

With youthful cigarette smokers increasing at the rate of more than 1 million a year, Western Chapter, Massachusetts Heart Association, today proposed the foregoing New Year's resolution for the young people of this country.

The chapter pointed out that damage to the heart and lungs begins early among cigarette smokers, and that there is evi-

dence to indicate young tissues are more severely affected than old.

"Before becoming addicted to cigarettes," said the Heart Association, "the young person should know that a number of disorders — among them heart attack, stroke, hypertensive heart disease, lung cancer, emphysema, chronic bronchitis and peptic ulcer — are triggered or aggravated by cigarettes."

"These and other cigarette-associated disorders are responsible for more than 125,000 premature deaths in the United States each year, and are believed responsible for about 20 percent of all time lost from business and industry," the association spokesman added.

Cigarette smoking is not only costly to health but to the pocket-book as well, the Heart Association representative said, pointing out that the expense for the first ten years of smoking may well exceed \$3,000 — almost enough to finance one year of a college education.

The association emphasized that the best way to deal with the cigarette problem is to refrain from taking the first puff. If this is done, said the Heart Association, the individual not only avoids the possibility of illness and premature death but also the added problem of having at some time to discontinue smoking.

Crazy 'Bout Fudge

New York (NAPS) — If you like fudge but have trouble making it turn out right, chances are you'll go crazy over this recipe. With the one basic formula for Quick Chocolate Fudge, you can turn out a dozen delightfully different candies.

QUICK CHOCOLATE FUDGE

1/4 c. margarine
3 oz. unsweetened chocolate
1 lb. confectioner's sugar
1/3 c. instant nonfat dry milk (dry form)
1/2 c. light or dark corn syrup
1 tbsl. water
1 tsp. vanilla
1/2 c. chopped nuts or 1 c. miniature or cut up marshmallows (optional)

Melt margarine and chocolate in top of 2-quart double boiler or saucepan over boiling water. Meanwhile, sift confectioner's sugar and nonfat dry milk together; set aside. Stir light or dark corn syrup, water and vanilla into chocolate mixture over boiling water. Blend in sifted dry ingredients in 2 additions, stirring until mixture is well blended and smooth. Remove from boiling water. Mix in nuts or marshmallows. Turn into greased 8x8x2-inch square pan. Cool. Cut into squares. Makes 1-3/4 pounds.

QUICK BLOND FUDGE: Follow recipe for Quick Chocolate Fudge, omitting chocolate and water, using light corn syrup and increasing vanilla to 2 teaspoons.

QUICK PEANUT BUTTER FUDGE: Follow recipe for Quick Chocolate Fudge, omitting chocolate, melting 1/3 cup Skippy creamy or chunk style peanut butter with margarine and using light corn syrup.

STUFFED FRUIT: Prepare Quick Chocolate or Blond Fudge. Stuff into dried fruit.

FUDGE ROLL: Grease 2 (9-inch) square pans. Cover bottom of 1 pan with 2 cups chopped nuts. Prepare 1 recipe Quick Chocolate Fudge and pour into pan with nuts; spread and smooth. Prepare 1 recipe Quick Blond Fudge and

pour into other pan. Let stand until set, but still soft. Turn out chocolate fudge into waxed paper, then turn over so nuts are on bottom. Roll blond fudge into tight roll and place on one end of chocolate fudge. (Do not stretch blond fudge). Roll up with chocolate on outside, using waxed paper as aid. Chill until firm. Slice with sharp knife.

**APPLICATIONS SOON DUE
FOR FLOWER SHOW QUEEN**

James H. Denver of Springfield, Mass., president of the Connecticut Valley Horticultural Society, announced that florist shops and landscapers throughout the valley will soon receive applications for the 17th annual American Beauty Pageant. The pageant is one of the major highlights of the 19th annual Connecticut Valley Flower Show to be held in the Better Living Center, Eastern States Exposition, Feb. 22 to 27, 1968.

Vicki Principal, 26 Pendleton Ave., Westover Air Force Base, a student at Chicopee Comprehensive High School, was judged the winner of last year's pageant.

Mr. Denver said young ladies, 16 years of age and over, are eligible to enter the American Beauty Pageant which is judged not on beauty alone, but personality as well. During the past 16 years entrants have come from all sections of the Connecticut Valley, including many college coeds from schools such as Bay Path, Andover Institute, Our Lady of the Elms, Westfield State, American International, Springfield, as well as high school students from Ware to Pittsfield and from as far away as Hartford, Conn., and Brattleboro, Vt.

Mr. Denver said the application forms will soon be available throughout the valley from members of the Connecticut Valley Horticultural Society, flower show participants, as well as floral shops and landscapers. Application forms are also available by contacting the Flower Show office by mail, through Post Office Box 1275, Springfield, Mass., 01101.

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Jan. 15 Deadline For ROTC**Scholarship Applications**

HEADQUARTERS FIRST UNITED STATES ARMY, Fort George G. Meade, Maryland — January 15, 1968 is the deadline date for submission of completed Army Reserve Officer Training Corps (ROTC) scholarship applications.

Young men who are currently high school seniors are eligible to apply for one of the 800 four-year scholarships.

The scholarships will be valid next fall at any of 247 colleges and universities offering Army ROTC. The successful applicant will receive full cost of tuition, textbooks and laboratory fees plus \$50 a month living allowance for four years.

Awards will be based primarily on scholastic standing, physical qualifications and leadership potential.

Applications and detailed information may be obtained by writing to: ROTC Scholarship, First U.S. Army, Fort Meade, Md. 20755

Management Pains

A harried business executive went to his physician to get a prescription for sleeping pills only to find out that he was allergic to sedatives.

"What about some of this twilight sleep I've read about?" he asked the doctor.

"Oh, that's only for labor," was the reply.

"Good heavens!" exclaimed the executive, "haven't you anything for management?"

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FEBRUARY 5**

Registration is now in process from

9 a. m. to 5 p. m. weekdays

Special registration periods from 5 to 7 p. m.

February 1, 2 and 5

from 10 a. m. to noon, Saturday, February 3

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courses

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